

What's Happening in Hawai'i?

Boys are **2X MORE LIKELY** to drink soda than girls.

13%

8%

63%

of students reported drinking soda in the past 7 days.

Pacific Islander and Native Hawaiian students drink more soda.

21%

Other Pacific Islanders

13%

Native Hawaiian

10%

Filipino

9%

Other

9%

Caucasian

8%

Japanese

5%

Other Asian

While sugary drinks are high in calories, they provide no essential nutrients. This is why they are often called "empty calories."

Drinking one sugary drink per day can make you gain up to 10 extra pounds in one year!

RETHINK YOUR DRINK

Sugary drinks are the leading sources of added sugars in the American diet.



Sugary drinks are the top calorie source in teens' diets.

213 calories



226 calories

Harvard T.H. Chan School of Public Health, hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/

TY EPIDEMIC. RISING CONSUMPTION OF SUGARY DRINKS IS A MAJOR CONTRIBUTOR TO THE OBESITY EPIDEMIC.

34%

of students who reported drinking at least one soda daily were overweight.

Sugary drinks increase your risk for type 2 diabetes.

13%

of students who drank soda daily also went hungry most or all of the time because of a lack of food.

I ola no ke kino i ka mā'ona o ka 'ōpū.

The body enjoys health when the stomach is well filled.

(‘Ōlelo No’eau, #1246)

BE ON THE LOOK OUT FOR



Sugary Drinks

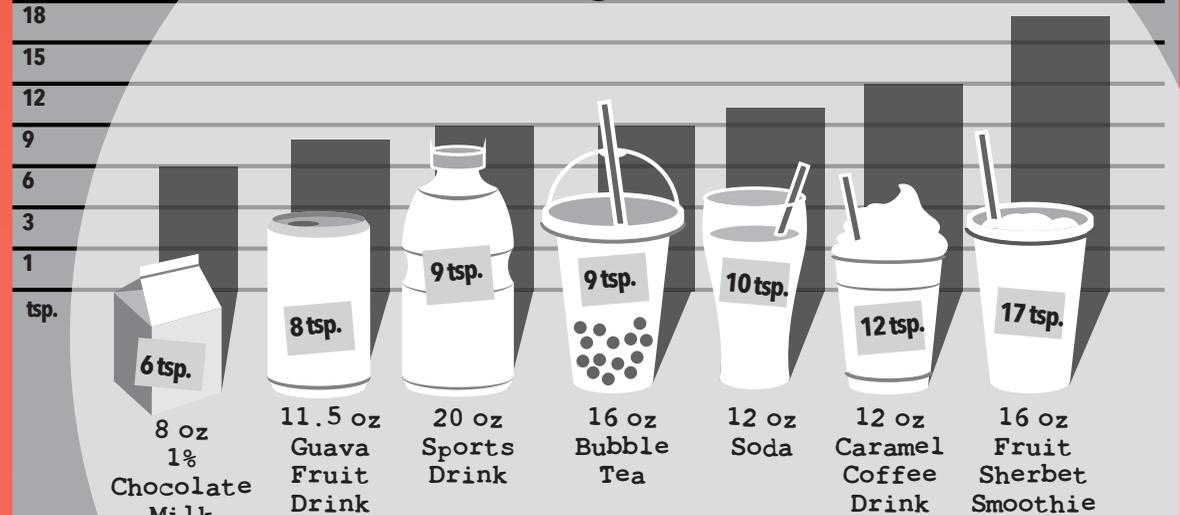
A sugary drink contains added sugar or a caloric sweetener, for example, soda, fruit-flavored drinks, sports drinks, energy drinks, flavored milk, and sweetened tea/coffee drinks.

DOH Rethink Your Drink campaign, RethinkYourDrinkHI.com

LET'S TALK ABOUT SUGARY DRINKS



Amount of Sugar in Various Drinks



You wouldn't eat 6+ teaspoons of sugar, so why would you drink it?

What Can I Do to Keep My Students Healthy?

Encourage Your Students to Drink Water!

Water is a calorie-free, sugar-free, fat-free beverage, and it is the very best choice to rehydrate throughout the day.
RethinkYourDrinkHI.com

Allow students to have water bottles in class and take frequent water breaks.



Familiarize yourself with the types of beverages that can be sold or provided on school campus during the school day.

Drinks should meet the following criteria:

- No caffeine, no artificial colors, and no artificial flavors
- Maximum 8 oz serving (except water, which has no portion size limit)
- Water–Plain (with or without carbonation)
- Milk–Unflavored 1% or fat-free, flavored fat-free, milk alternatives as permitted by the National School Lunch/Breakfast Program with less than 22 grams sugar per 8 oz serving
- 100% fruit or vegetable juice with no added sweeteners
- 100% fruit or vegetable juice diluted with water and no added sweeteners

Instead of serving sugary drinks at your class party, try a flavored water recipe!

RECIPES

CUCUMBER COOLER

- 10 cucumber slices
- 2 lemon slices
- 3 sprigs of rosemary

JUST DEW IT

- 10 cucumber slices
- ¼ cup honeydew melon, balls or cubes (fruit on skewers look especially nice)

PINEAPPLE EXPRESS

- 1 cup pineapple cubes or spears
- ¼ cup of mint leaves

MY MELONA

- 2–3 slices honeydew melon
- 1 lime, sliced
- 4 sprigs of mint

Teach students about sugary drinks. Look for cross discipline connections, like these math lessons.

cbmp.gse.upenn.edu/lesson-plans/rethink-your-drink-1-whats-bottle?filters=6-8



Other resources for teachers

- **Labeling Nutrition**
<https://www.fda.gov/food/food-labeling-nutrition>
- **10 Tips: Be a Healthy Role Model for Children**
choosemyplate.gov/ten-tips-be-a-healthy-role-model
- **Eat Play Grow**
<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow.htm>
- **Rethink Your Drink**
cdc.gov/healthyweight/healthy_eating/drinks.html



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